



Spanakopita Strudel Ingredients



Puff Pastry: Wheat Flour, Water, Palm Oil, Salt.

Filling: Spinach, HCF Vegan Coconut Cheese (Coconut Oil, Tofu, Salt, Garlic, Sesame Oil, Olive Oil, Spices), Panko Bread Crumbs (Wheat Flour, Sugar, Yeast, Soybean Oil, Salt), Tofu, Organic Hummus (Garbanzo Beans, Sesame Tahini (Sesame Seed Paste), Garlic, Lemon Juice, Sea Salt), Lemon Juice, Nutritional Yeast, Spices.

Contains: Wheat and Soy

Nutrition Facts	
Serving Size: 1 Strudel (28g)	
Servings Per Container: 10	
Amount Per Serving	
Calories 60	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	
Vitamin A 20%	Vitamin C 2%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g